STRONGER TOGETHER: PARTNERING WITH THE DISABILITY RIGHTS MOVEMENT
OSTEOARTHRITIS ACTION ALLIANCE WALKING WITH ARTHRITIS

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America Walks | March 13, 2019
Presentation Outline

1 | Arthritis Matters
2 | Arthritis-Appropriate Evidence-Based Interventions
3 | Walk With Arthritis
4 | Partnership Opportunities
Arthritis Matters

CDC Arthritis Quick Facts:
https://www.cdc.gov/arthritis/data_statistics/arthritis-related-stats.htm
What is Arthritis?

- The word “arthritis” actually means “joint inflammation”

- Joint pain and stiffness, loss of mobility, cartilage breakdown, bone spurs, swelling

- It applies to more than 100 different conditions of unknown or varied causes including:
  - Osteoarthritis
  - Rheumatoid arthritis
  - Fibromyalgia
  - Gout
  - Ankylosing spondylitis
  - Juvenile arthritis
  - Systemic lupus erythematosus (also known as Lupus or SLE)

Source: http://moarthritis.typepad.com/learn_about_arthritis/
Arthritis is Common

- About 1 in 4 (54 million) adults have arthritis.
- More than half of adults with arthritis (32 million) are of working age (18-64 years).
- Nearly 60% of adults with arthritis are women.

10 Common Chronic Conditions for Adults 65+

Quick Facts:
- 80% have at least 1 chronic condition
- 68% have 2 or more chronic conditions

Conditions:
- Hypertension (High Blood Pressure): 58%
- High Cholesterol: 47%
- Arthritis: 31%
- Ischemic Heart Disease (or Coronary Heart Disease): 29%
- Diabetes: 27%
- Chronic Kidney Disease: 18%
- Heart Failure: 14%
- Depression: 14%
- Alzheimer’s Disease and Dementia: 11%
- Chronic Obstructive Pulmonary Disease: 11%

Source: Centers for Medicare & Medicaid Services, Chronic Conditions Prevalence State/County Table: All Fee-for-Service Beneficiaries, 2015
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Arthritis and Comorbidities

Age-Adjusted Percentage of Doctor-Diagnosed Arthritis Among Adults, by Obesity, Diabetes, and Heart Disease Status — National Health Interview Survey, United States, 2013–2015

https://www.cdc.gov/arthritis/data_statistics/arthritis-related-stats.htm
Arthritis is Disabling

- Arthritis and other rheumatic conditions are a leading cause of work disability among US adults.

- More than **1 in 4** adults with arthritis report severe joint pain.

- Adults with arthritis are more than twice as likely to report an injury related to a fall.

- Working-age adults with arthritis have lower employment than those w/o arthritis.

https://www.cdc.gov/arthritis/data_statistics/arthritis-related-stats.htm
Work Disability

Most Common Causes of Work Disability Among Working-Age (18 to 64 Years) US Adults, NHIS 2011–2013

- Back or neck problem: 30%
- Depression/Anxiety/Emotional problem: 21%
- Arthritis/Rheumatism: 19%
- Nervous system/Sensory organ: 13%
- Musculoskeletal/Connective tissue problem: 13%
- Diabetes: 12%
- Hypertension: 12%
- Heart problem: 11%
- Fracture/Bone/Joint injury: 11%
- Lung/Breathing problem: 10%
- Vision/Problem seeing: 8%
- Weight problem: 5%
- Cancer: 4%
- Stroke problem: 4%
- Hearing problem: 3%

Data Source: 2011–2013 National Health Interview Survey
https://www.cdc.gov/arthritis/data_statistics/disabilities-limitations.htm
Accessed 3/8/19
**Arthritis Limits Daily Activities**

- **24 million** adults struggle with everyday activities (e.g., holding a cup, lifting a grocery bag)

- ~3 in 10 find stooping, bending, or kneeling very difficult

- >20% of adults with arthritis find it very difficult or cannot walk 3 blocks

CDC Vital Signs, March, 2017. [www.cdc.gov/vitalsigns/arthritis](http://www.cdc.gov/vitalsigns/arthritis)
Prevalence of Arthritis is Increasing


**GRAPH**

Arthritis will INCREASE as the population grows and ages

Diagnosed and future projections*

- **People (millions)**
  - 2000: 46
  - 2005: 50
  - 2010: 53
  - 2015: 54
  - 2020: 63
  - 2025: 67
  - 2030: 72
  - 2035: 75
  - 2040: 78

**SOURCE:** National Health Interview Survey, 2013-2015.

*Doctor diagnosed

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**OA OSTEOARTHRITIS ACTION ALLIANCE**
Arthritis Management

- 4 recommended public health interventions
  - National Public Health Agenda for Osteoarthritis 2010

- “Physical Activity: The Arthritis Pain Reliever”
  - Physically active people with arthritis can improve function by 40%.

Arthritis Management

Are we on track to reach our destination of clinically meaningful improvement in arthritis symptoms and function?

90% of individuals are not meeting physical activity recommendations.

Half of patients with arthritis report health care provider recommendation for physical activity.
Arthritis-Appropriate Evidence-Based Interventions

CDC Arthritis Quick Facts:
https://www.cdc.gov/arthritis/data_statistics/arthritis-related-stats.htm
CDC Recommended Programs
("Arthritis-Appropriate Evidence-Based Interventions" = AAEBIs)

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>Self-Management Education</th>
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<tr>
<td>Active Living Every Day (ALED)</td>
<td>Arthritis Self-Management Program (ASMP)</td>
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<td>Enhance Fitness (EF)</td>
<td>Programa de Manejo Personal de la Arthritis</td>
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<td>Fit &amp; Strong! (F&amp;S)</td>
<td>Chronic Disease Self-Management Program (CDSMP)</td>
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<tr>
<td>Walk With Ease (WWE)</td>
<td>Tomando Control de su Salud</td>
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<td>Arthritis Foundation Aquatics Program (AFAP)**</td>
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<td>Arthritis Foundation Exercise Program (AFEP)**</td>
<td>Better Choices Better Health®**</td>
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<tr>
<td>Walk With Ease (self-directed)**</td>
<td>Better Choices Better Health® for Arthritis**</td>
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</tbody>
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** indicates promising programs
Walk With Ease

- Low-impact walking program
- 2 formats:
  - Group/Instructor-led
  - Self-directed
- 6 week (3x/wk group; self-paced)

https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/
Walk With Ease

- Reduce osteoarthritis pain
- Decrease disability
- Increase self-efficacy for walking and walking pace
- Improve perceived control, balance, strength

Callahan, et al., Arth Care & Res, 2011
2017 & 2018 Mini-Grantee Footprint

2019 update - add S. Dakota
20 states!
Walk With Arthritis

YOU CAN LOWER YOUR

KNEE PAIN

By walking 3x a week
Learn more at
www.walkwitharthritis.org
For Community Partners

http://oaaction.unc.edu/resource-library/for-community-partners/

- Making the Case for Arthritis Programs
- Evidence-based Community Programs
- Implementing Programs
- Marketing Programs
Walkability Audit for Arthritis

- Safety from crime
- Safety from injury
- Walkways free of objects blocking path
- Smooth and level walkways
- Street lighting (adequate lighting)
- Ramps and railing at stairs

oaaction.unc.edu/walkability-audit-for-arthritis/
Opportunities

- Connecting walking programs and walking advocacy
- Making the case for Arthritis-Appropriate Evidence-Based interventions
Thank you!

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#StandUp2OA

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Walk With Ease Self-Directed
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